“They recognized him in the breaking of the bread.”

It is not in the elevation of the host that Eucharist becomes most meaningful. No, rather it is in the breaking of the bread, for that enables us to share in the Eucharistic meal. Thus: Holy Communion means we become Christ together.

we are one In a world that is so fractured and polarized,

We are one with others scattered across the globe, including the suffering communicants in Ukraine.

Corpus Christy means a Holy Banquet.

”O holy banquet,

in which Christ is received,

The soul is filled with Grace,

And there is given to us:

a pledge of future glory,”

St. Thomas Aquinas

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